

Abstract

Title: Retrospective analysis of results of elite contestant on a mountain bike in the student age.

Objectives: The aim was to find out if they were the best racers in elite category of mountain biking successful even in pupil 's categories or moved near the bottom of the timesheets.

Methods: For obtain the data we performed a retrospective analysis. For data collection we used the questionnaire method, where we focused on Czech racers who are the leaders in the Olympic disciplines of cross-country, marathon discipline and compared them with the top of the world.

Results: A retrospective analysis provide information about the beginnings, progress and results of elite racing competition of mountain bike in junior categories. We found that elite mountain bike racers in the categories of pupils did not achieve such success as it is now in the elite category. Their training corresponded with natural evolution that is way the competitors in the elite category are successful and they are able to continue their careers that serve a good stable performance over a long period of time.

Keywords: Cycling, mountain biking, sports training children, sports success, retrospective analysis, the results of the questionnaire